

COMMIT to be FIT— Make a Simple Lifestyle Change TODAY!
2006 FITNESS CLASS SCHEDULE

| | MON | TUE | WED | THUR | FRI |
|---------|-----------------|---|---------------------------|-----------------|---------------------------|
| 8:30 am | NIA | | | | |
| 9:00am | Spinning | | Spinning Step Aerobics | NIA | Spinning Step Aerobics |
| 10:00am | NIA | Yoga | | | |
| 11:00am | | | | | |
| 5:30 pm | | | | Cardio & Toning | |
| 6:00 pm | Cardio & Toning | | Step Aerobics | | |
| 6:30 pm | | Beginning Belly Dancing <i>*Starts session 8</i> | | Step Aerobics | |
| 7:00 pm | Step Aerobics | | | | |
| 7:30 pm | | Intermediate Belly Dancing <i>*Starts session 8</i> | | | |



Session 7 **September 11– October 20**
Session 8 **October 23– December 1** **No Class Nov. 23**
Session 9 **December 4- December 22** **No Class Dec. 25**

Belly Dancing (Starts Session 8)

A TUES 6:30pm \$18 RES, \$21 NON-RES
 B TUES 7:30pm \$18 RES, \$21 NON-RES

Cardio & Toning (No Class Sept. 14 and 18)

A MON only \$15 RES, \$18 NON-RES
 B THUR only \$15 RES, \$18 NON-RES

Yoga

A TUES only \$18 RES, \$21 NON-RES

Step Aerobics (No Class Sept. 14 and 18)

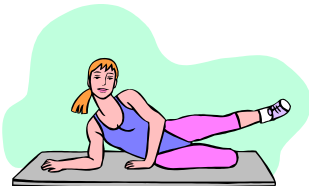
A MON only \$15 RES, \$18 NON-RES
 B WED A.M. only \$18 RES, \$21 NON-RES
 C WED P.M. only \$18 RES, \$21 NON-RES
 D THUR only \$15 RES, \$18 NON-RES
 E FRI only \$18 RES, \$21 NON-RES

NIA

A MON 8:30 A.M. only \$18 RES, \$21 NON-RES
 B MON 10:00 A.M. only \$18 RES, \$21 NON-RES
 C THUR 9:00 A.M. only \$18 RES, \$21 NON-RES

Spinning

A MON only \$3 RES, \$4 NON-RES
 B WED only \$3 RES, \$4 NON-RES
 D FRI only \$3 RES, \$4 NON-RES



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Your solution to life-long happiness, health and vitality

Step Aerobics – high-low impact using an Aerobic step for cardio. Light hand weights for toning. Abdominal and stretching finishes the class for a total body workout! Designed for all levels.

Cardio & Toning – moderate intensity, low impact moves through a variety of cardio styles. Strengthening and toning, little bit of everything. A great variation class.

Yoga – In this class you will learn concentration, awareness, relaxation and meditation for your whole body. Through proper breathing and relaxing stretches we will properly align your body and mind, leaving you feeling revitalized.

Spinning – This is a great non-impact class for weight loss and overall endurance and health. In this 45-minute class the instructor will take you through a wide ranging ride of various levels intensity and riding positions. Great for all fitness levels because you go at your own personal speed. Great for all ages and both genders.

Belly Dancing – Beginning Belly Dancing is a low intensity workout that concentrates on muscle toning. In this class you will learn the building blocks of Belly Dancing. Intermediate Belly Dancing will focus more on choreography. You must have past experience with Belly Dancing to take this class.

NIA – The NIA technique is a non-impact class that combines Martial Art, Dance Art, and Healing Art movements choreographed to various textured healing and energized music. The benefits include: Cardio workout, flexibility, strength, balance, and relaxation.

Fitness Class Policies & Guidelines

- Sign up for the session whenever you wish. We **pro-rate** your fee if you register after the session begins. OR, if you'd rather come when you want, just register as a walk-up. **Walk-up fee is \$5 per class** whereas if you sign up for a session, it **breaks down to \$3 per class (\$3.50 for NR)**.
- Students are not encouraged to register for a session after the third week of a new session in Yoga or Pilates unless you have prior experience.
- Students may only attend the particular class that is paid for. Switching classes or making up classes because of a prior absence is not permitted.
- If a class is canceled due to instructor absence, students will receive a credit to be used in the future or a refund for that particular class.

Each 6-week session schedule may be altered due to a new class interest, instructor availability or other issues. Please check with us 2-3 weeks before the next session begins for an updated schedule and registration of the next session.

Greenwood Parks & Recreation Department 881-4545

